

CARIBBEAN PULSE

AUGUST SEPTEMBER OCTOBER 2000

NAVAL HOSPITAL ROOSEVELT ROADS



**DR. H. James Sears, Director, Tricare Management Activity,
Addresses Managed Care concerns at recent
Health Care Consumer Council Meeting**

AT THE HELM

Construction on the Naval Hospital is moving at a steady - if not particularly rapid - pace. Most of the major work on the first floor and lower level has been completed and the impact to patient care up to this point has been minimal due to the hard work of our staff members and the addition of our Relocatable Medical Complex. We have, however, started one of the most active stages of the process...that is the relocation of the Emergency Room, Family Medicine and the General Surgery clinics.

As anyone who has spent any great amount of time at the Naval Hospital knows, these clinics represent some of the highest areas of traffic by our beneficiaries - Not to mention the fact that the ER is up and running 24 hours a day, 7 days a week. From a logistical standpoint, we have no doubt that the moves will be flawless - due in no small part to the diligence of our contractors and facilities staff. From a Customer Standpoint, though, this is probably the most visible stage of the entire project. I would ask that everyone take it upon themselves to be of assistance to any and all Naval Hospital Visitors...as this particular phase of the construction holds the highest potential to impact Patient Care.

There is nothing greater, in my estimation, than the service that is received by our customers. It is paramount that we -as an organization- become increasingly customer oriented in our approach to quality service. To this end, we are happy to welcome aboard Mrs. Tonya Gray as the command's Customer Service Liaison.

Mrs. Gray has put together an extensive program for Customer Service Support that will be implemented command wide. It's going to take a lot of hard work on everyone's part but, as always, I know the entire staff will be "standing by ready to assist"

* * * * *

Captain's Cup Season is winding down, and it seems that everyone is out to get us. We are currently neck and neck with AIMD in the points race and we need "Maximum Participation" in the remaining events to retain the Cup. I'll be looking for each of you in the winner's circle...

CO



CAPT G. RUSSELL BROWN, MSC, USN
COMMANDING OFFICER

Naval Hospital Roosevelt Roads

Commanding Officer

CAPT G. Russell Brown, MSC, USN

Executive Officer

CAPT Richard M. Gilbert, MC, USNR

Command Master Chief

HMCM (SW/FMF) Charles V. Ratliff

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The Caribbean Pulse is a newsletter published by the Naval Hospital Public Affairs office. Its contents do not necessarily reflect the official views of the United States Government, the Department of Defense or the United States Navy and do not imply endorsement thereof. Reader contributions and comments should be submitted to the:

Public Affairs Office

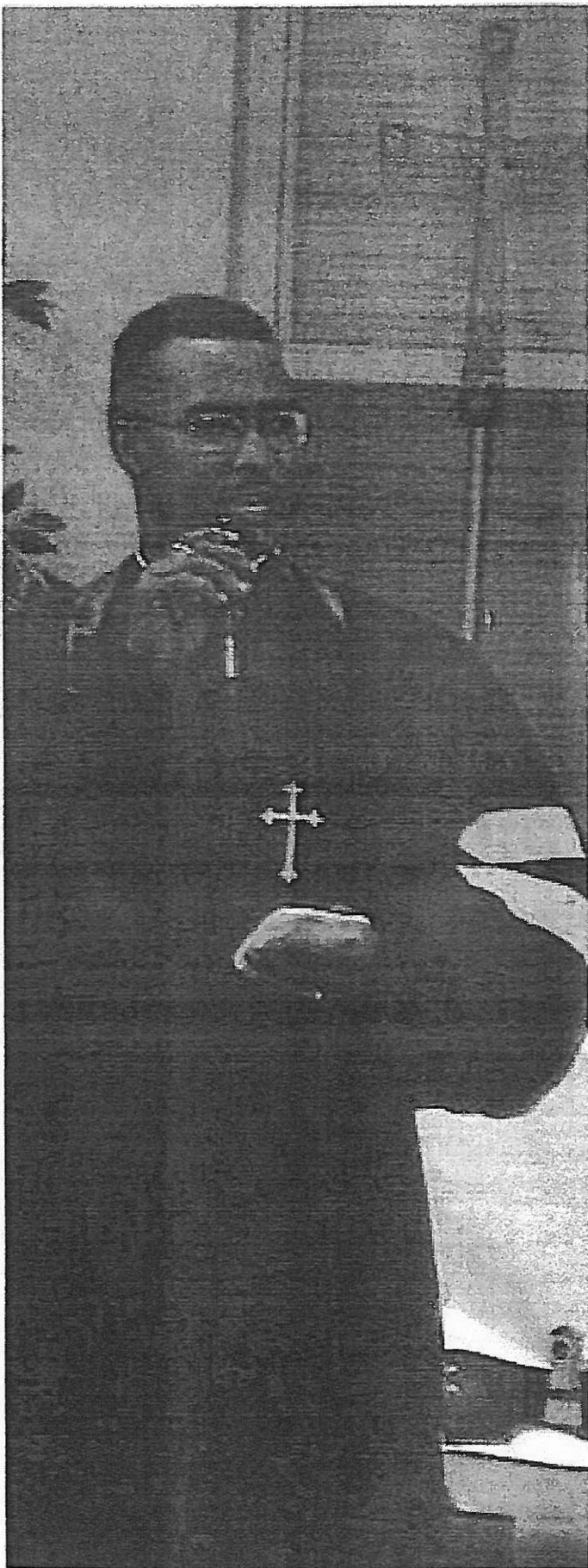
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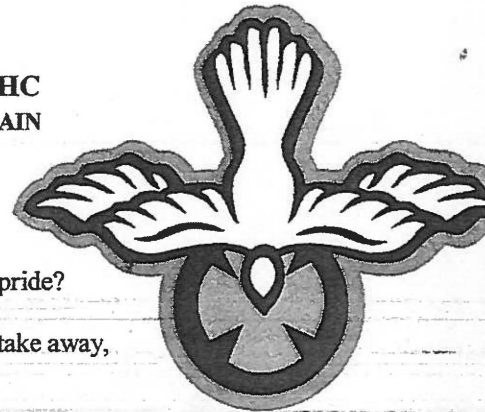
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CHAPLAIN'S CORNER

**LT MAURICE BUFORD, CHC
NAVAL HOSPITAL CHAPLAIN**



"When God Said, No!"

I asked God to take away my pride?
And God said, "No!"
God said, "It is not for Me to take away,
It is for you to give up!"

I asked God to make my handicapped child whole.
And God said, "No!"
God said, "Her spirit is whole.
Her body is only temporary."

I asked God to grant me courage.
And God said, "No!"
God said, "courage is the by-product of tribulation.
It is not granted, it is earned."

I asked God to give me happiness.
And God said, "No!"
God said, I give you blessings;
Happiness is up to you.

I asked God to spare me of pain.
And God said, "No!"
God said "Suffering draws you from the world;
And brings you close to me."

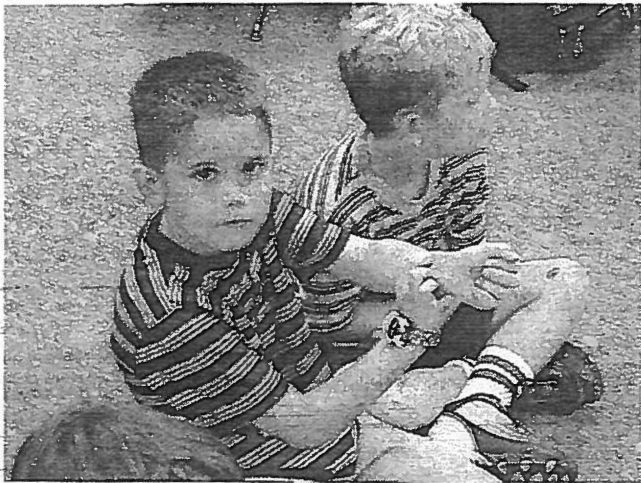
I then asked God to make my spirit grow.
And God said, "No!"
God said, "Your growth is up to you,
But I will prune you and make you fruitful."

I then asked God if he really loved me?
And God said, "Yes!"
God said, "I gave you my Son,
Who died for you on calvary;
And because you believe in Him
You will go to heaven someday."

I then asked God if He would help me
Love others as much as He loved me.
And God said, "Ah...you finally got the idea!"

Author, unknown

In The News



Adopt-A-Grade Program Kicks Off For New School Year

The Adopt-A-Grade Program is in Full Swing once again as Volunteers led by LT Diane Franklin and LT Delthenia Mahone teach about what goes on at the Naval Hospital. The Adopt - A- Grade volunteers have Conducted a Bike Safety Clinic, a Suturing Clinic and also showed the Kindergartners at Roosevelt Roads Elementary how to put casts on one another. Adopt-A-Grade is one of the most fulfilling and wonderful programs that the staff at the Naval Hospital is a part of. For more information on Upcoming Events please contact LT Diane Franklin @ 865 - 5997.



New Commander of Navy Region Southeast Tours Naval Hospital

REAR ADMIRAL Jan Gaudio, Commander, Navy Region Southeast, spends a very busy Friday morning meeting and greeting the staff of Naval Hospital Roosevelt Roads. The recently appointed ADMIRAL was on a tour of the Naval Station -which falls under his area of responsibility- when he took CAPT Brown up on his offer to address the Command at Friday Morning Colors. ADM Gaudio viewed the ongoing construction, visited clinics and even stayed for lunch in the unofficial "Best Galley in the Caribbean."



Hospital Corpsman Selected to Represent Navy/ Puerto Rico In Pan American Games

HM1 Kelly McNulty, The Command Career Counselor at Naval Hospital Roosevelt Roads has qualified for and will compete in the PAN/AM Games being held in November in Cancun, Mexico. Petty Officer McNulty is a fixture at endurance sports events all over Naval Station and considers it a great honor to be competing on an international level on behalf of the US Navy as well as the Commonwealth of Puerto Rico. HMC Michelle Jennejahn of Naval Hospital Roosevelt Roads also qualified but will not be able to compete due to injury.

THE MASTER CHIEF SPEAKS...

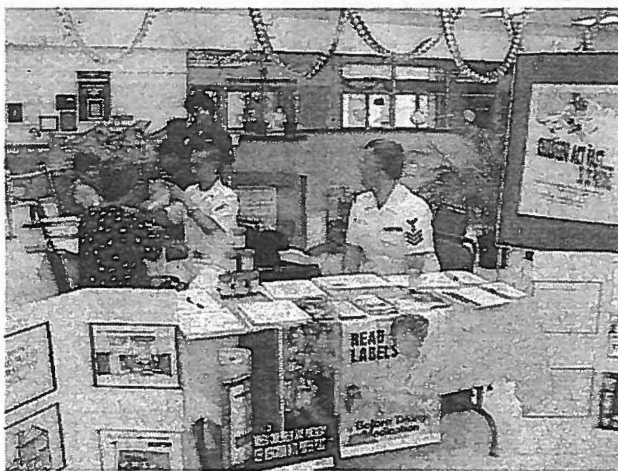
COMMAND AND COMMUNITY INVOLVEMENT

Our staff here at Naval Hospital, Roosevelt Roads consists of specialists who are highly trained in orthopedics, pediatrics, obstetrics, and the like. However, our Corpsmen are the most critical part of our healthcare team. You have all heard me say that, "Corpsmen are the ones who make it happen every day." You schedule appointments, assist with outpatient care, offer inpatient nursing care, and provide the ancillary and administrative support necessary to make this organization run.



HMCM (SW/FMF) CHARLES V. RATLIFF, USN
COMMAND MASTER CHIEF

With all of that said, it is motivating to know that a great majority of you are not satisfied with simply doing a good job in your work center. Many of you are constantly looking for ways to be active in our command and our community. A large number of our Corpsmen regularly participate in a myriad of events that support the command and the Roosevelt Roads community.



Many of you participate on one of the command's numerous committees. These committees offer you an opportunity to grow personally by enjoying fellowship with co-workers. In addition, the committees offer you the chance to contribute to the command and the community by sponsoring events that foster camaraderie and esprit de corps.

The Corpsmen who participate on the Hospital Corps Birthday Ball Committee work year round planning, organizing, and raising funds for our annual Birthday Ball. And, as all of you know, Naval Hospital, Roosevelt Roads puts on the best Hospital Corps Ball in the Navy. The success of our Hospital Corps Birthday Ball is the direct result of the hard work and dedication of the Corpsmen who work on that committee.



The Corpsmen on our MWR Committee work tirelessly to put on two "PRT Picnics," two "Command Picnics," and the "Command Christmas Party" each year. These picnics require numerous fundraisers and a tremendous amount of planning and organizing. Few people stop to realize the amount of work that goes into putting on a "Command Event."

The Corpsmen on our Multi-Cultural Committee work non-stop to make our monthly "Multi-Cultural Events" the

talk of the Naval Station. Anyone who has attended one of the hospital's Multi-Cultural Events realizes that a tremendous amount of practice and rehearsal goes into these spectacular events. These events are very successful at making us aware of the cultural diversity that our organization enjoys.

Many of you choose to volunteer at community events such as the recent Breast Cancer Awareness Walk/Run. This successful event would not have been possible without the support of our outstanding volunteers. A number of Corpsmen choose to



participate in the various humanitarian events Sponsored by our Wellness Center. These events take place here on Roosevelt Roads as well as in Ceiba and other surrounding communities. These events offer you an opportunity to actually make a difference in people's lives.

Today, I only mentioned a few of the ways our Corpsmen are involving themselves in the command and the community. Many of you are involved in other committees and volunteer efforts. I encourage each and every one of you to keep up the good work! Our command and our community depend on you! And to our new Corpsmen, if you are interested and not already involved, get with your LPO or LCPO and let them help you get involved!!!



MSC Officers Donate some of their "Hard Earned Navy Cash" to the Chaplain's "Back To School" Supply Drive



Julissa Rivera spends time with Transcriptionists from all over Puerto Rico

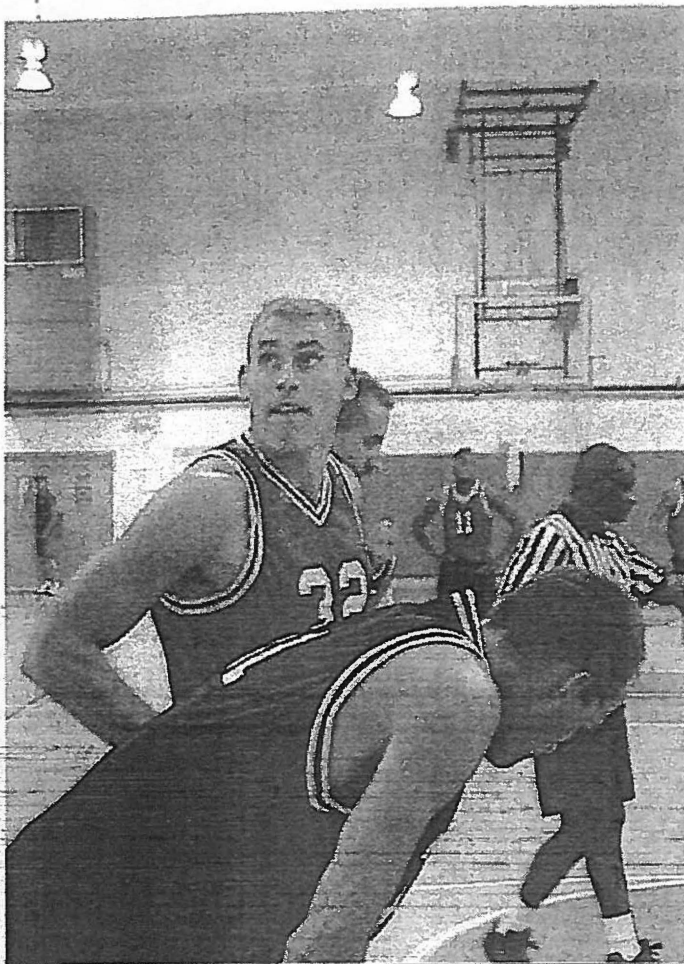


Two corpsmen can't occupy the same space at the same time. HM2 Jason Williams (right) and HN Levi Rivera jockey for position as both hospital teams square off during in intramural playoffs.



Did I Hear Somebody Say Chief?

**NAVAL HOSPITAL'S SENIOR
ENLISTED LEADERSHIP
STRIKE A POSE DURING
FRIDAY MORNING COLORS
CEREMONY**



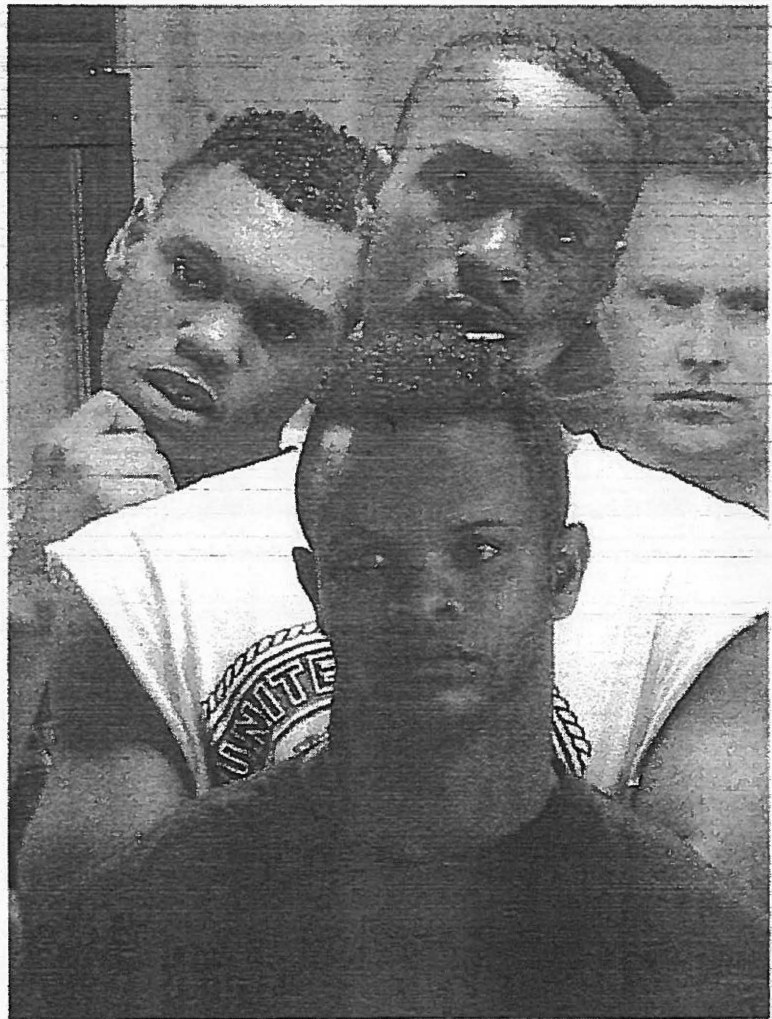
LTjg Bailey hones his time management skills during a break in the action



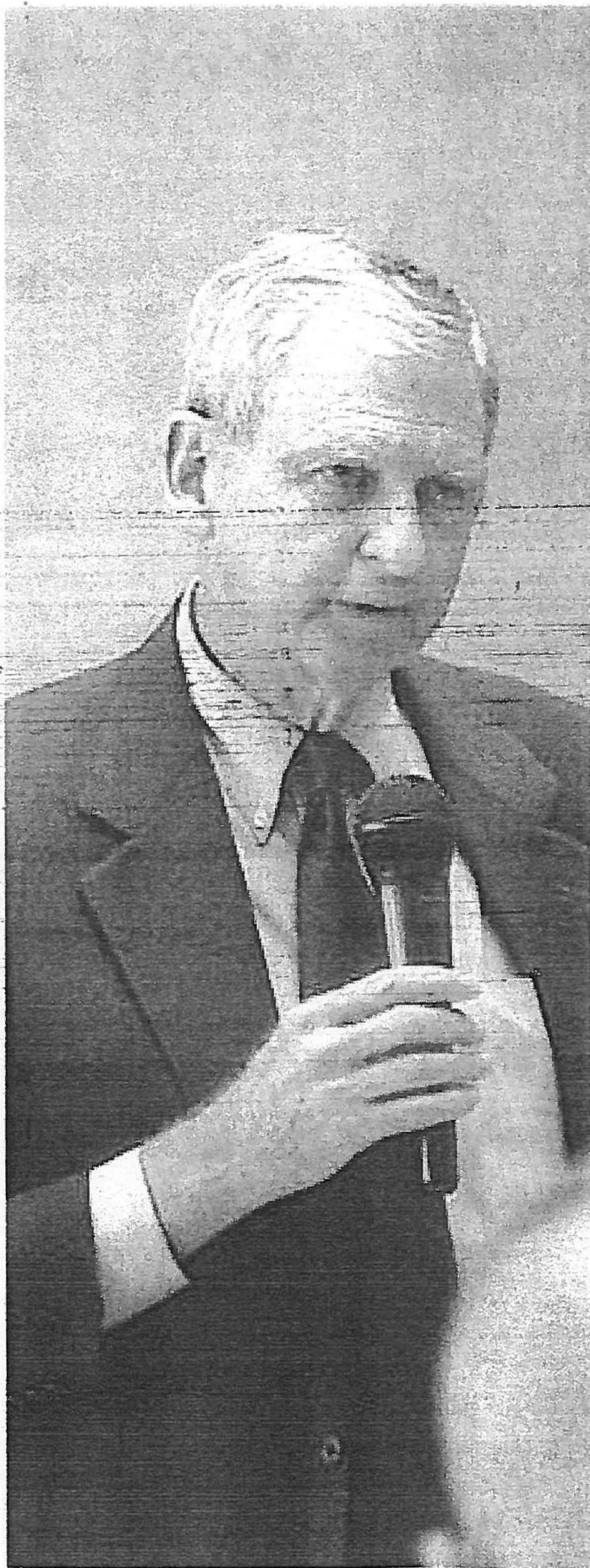
It was 16 candles (and then some!!!) for the XO as he celebrates his birthday in the Hospital Boardroom



HM2 Miller seriously considers going into the "Sports Promotion Business" after he spends a very profitable Saturday morning collecting money for the Navy Ball 5K



HN Johnson uses all his concentration to keep his head upright as HN Joseph and HN Brown both get caught in the vicious grip of gravity during an All Hands Call

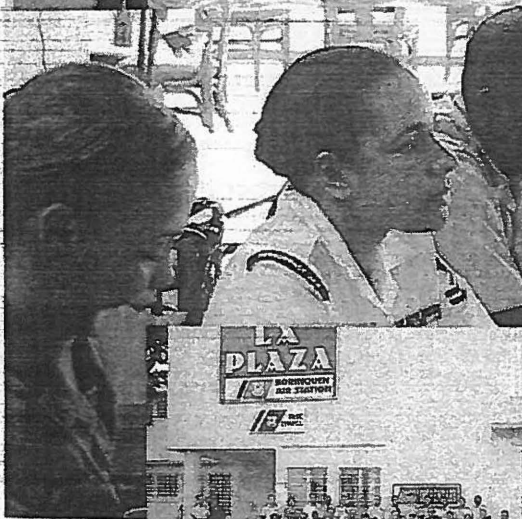


TRICARE Executive Director Visits Naval Hospital Roosevelt Roads

Dr. H. James Sears, The Executive Director for the TRICARE Management Activity, hosted the Hospital's most recent Consumer Council Meeting, where he addressed the concerns of beneficiaries of TRICARE Overseas. Dr Sears expressed a deep concern for the unique needs and issues that affect military members, dependents and retirees here at Naval Station Roosevelt Roads and throughout Puerto Rico, the Caribbean and South America.

The Retired Navy Rear Admiral found a lively and engaging audience that consisted of the Naval Station CO and XO, several retirees, Officers and enlisted personnel from various Naval Station Commands. Questions ranged from those regarding the expectation of care for retired persons at military treatment facilities - to what does a beneficiary who is on leave in the united states do when a doctor won't take TRICARE.

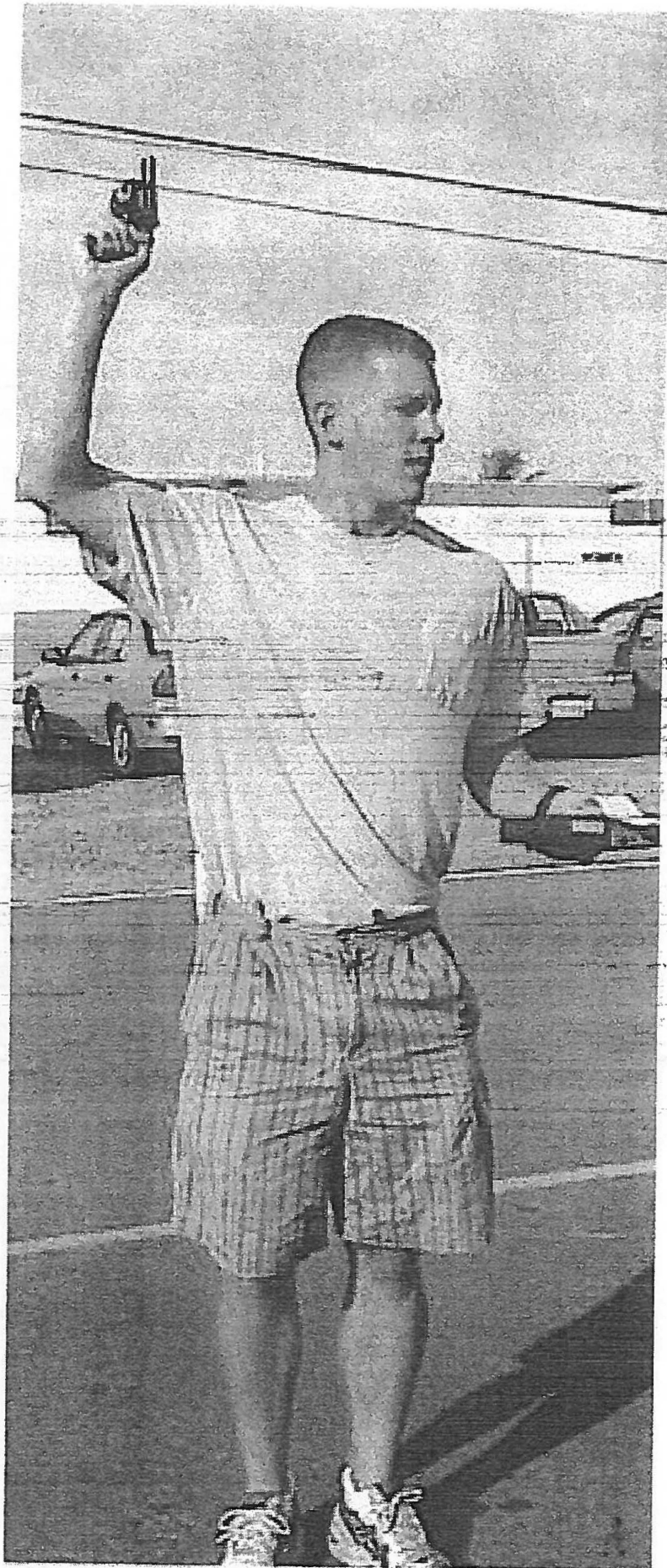
Dr. Sears, in addition to hosting the Consumer Health Council Meeting, also served as the Keynote speaker at a Command function held at Harbor Lights. Joining Dr. Sears at the event were Brigadier General Darrell Porr, Lead Agent, TRICARE Regions 3 & 15 and Colonel Jeanette James, Director, TRICARE Region 3. Immediately following the Luncheon, the group, accompanied by Mrs. Penny Bumpus, the Naval Hospital's TRICARE Task Coordinator, flew to Borinquen Coast Guard Station, where they performed a ribbon cutting ceremony for a new TRICARE Service Center.

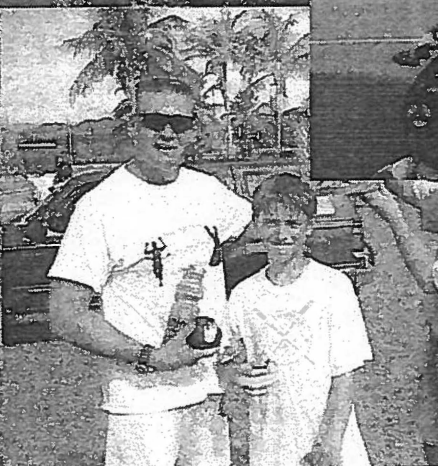
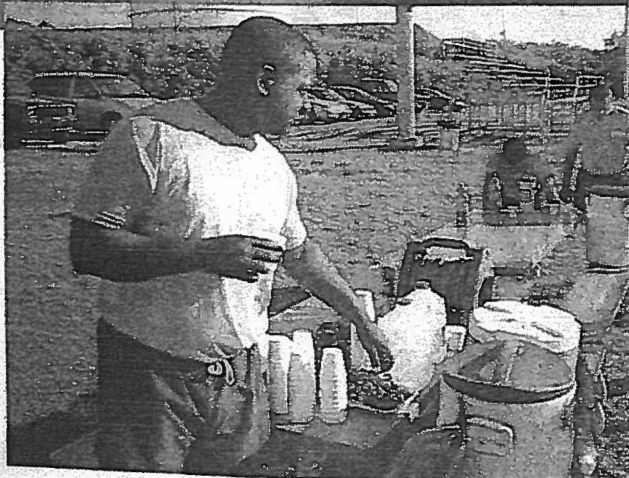
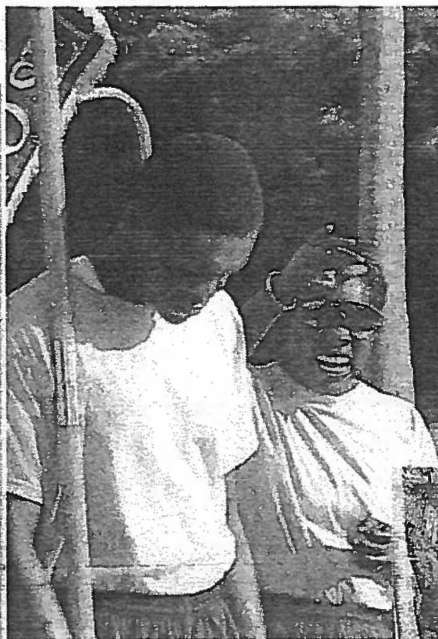
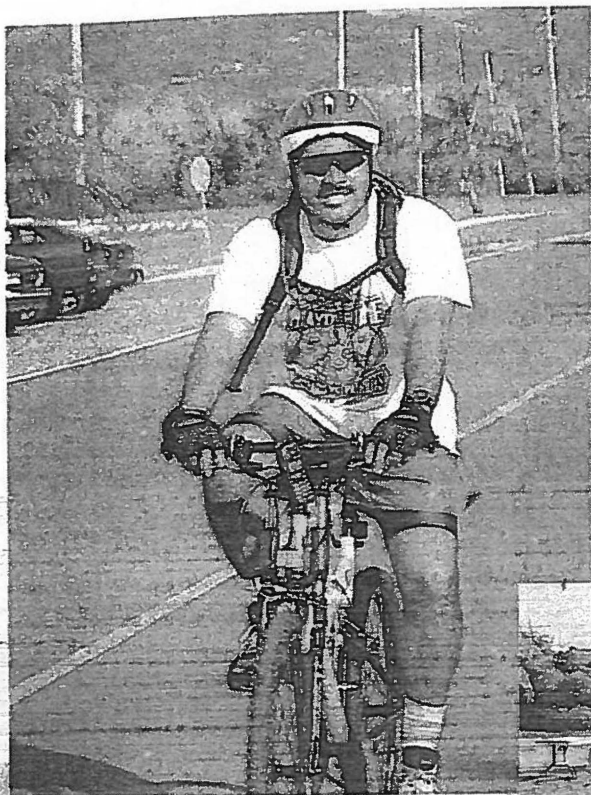


NAVY BALL 5K

**The Hospital's Navy
Ball Committee
sponsored a recent 5
Kilometer "Fun
Run" as part of the
Naval Station's
Celebration of the
Navy's 225th
Birthday.**

**The Hospital Took
First Place in the
Category of "Most
Participation."**



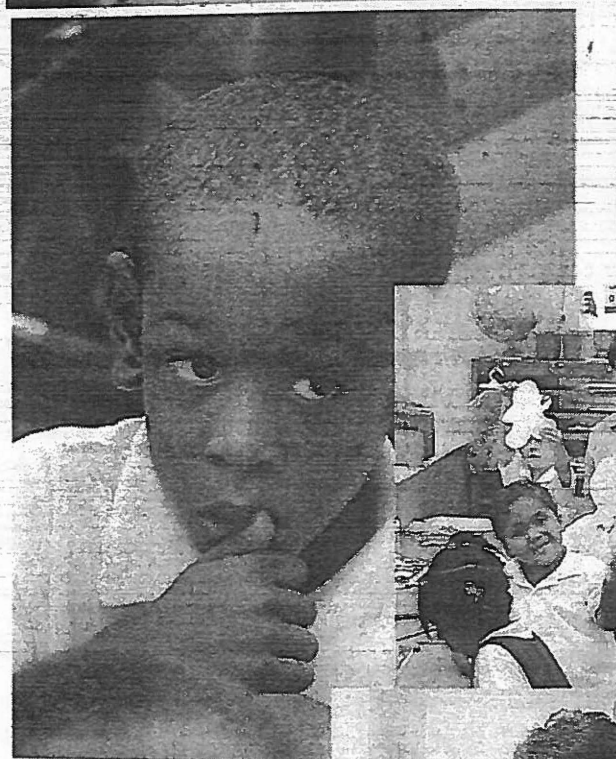




**Naval Hospital
"Adopt-A-Grade"
Program, Garner's
1st Place in Regional
Community Service
Competition.**

The Program, Headed up
By LT Diane Franklin, beat
out other programs in the
Navy's Southeast Region
including those from:
Alabama, Georgia, Florida,
Mississippi, Tennessee,
Kentucky, South Carolina,
North Carolina,
Guantanamo Bay, Puerto
Rico.

**BRAVO ZULU TO ALL
THE ADOPT-A-
GRADE
VOLUNTEERS!!!!**



RAISING A GENERATION OF UNFIT CHILDREN

HM1 Norma Foster, Wellness Center

Children with average athletic abilities increasingly begin to drop out of organized sports and games beginning at the age of 9. One major cause is that they perceive that they can't keep up with their more physically skilled and gifted peers. By age 13, most boys, and an even greater majority of girls, are no longer participating in organized athletics or any type of regular physical activity. The problem could grow if not taken care of; therefore, the Health Promotion Educators at the Wellness Center will be taking an active role in assisting the Roosevelt Roads Elementary School with their Physical Education/nutrition needs.



The Wellness Center Staff will be teaching physical fitness and nutrition classes to the 4th graders for the first semester on a weekly basis. We are looking to start the program in September 2000. The program that we will be using is the called CATCH Program approved by the Texas State Board of Education.



The CATCH Program involves the coordination of four components: health educators, physical education, nutrition services, and parent involvement. The CATCH Program was originally designed as a Cardiovascular Prevention/Education program for elementary school students. However, because the risk factors for cardiovascular heart disease are the same as for Type II Diabetes, primarily poor diet and exercise habits, the CATCH Program can function quite successfully as an intervention for both heart disease and diabetes.

For further information contact HM1 Foster at the Wellness Center at Ext. 4944

THE SAFETY ZONE

HM1 BRUCE GRAY

Safety First When It Comes to Motor Vehicles

Getting in our cars, starting them up, and arriving at our destinations safely is something that all of us take for granted from time to time. If you drive or are a passenger in a vehicle on a regular basis it is likely that you will be involved in a motor vehicle accident sooner or later. Here are some facts everyone should be aware of regarding vehicle and traffic safety:



1. Motor vehicle crashes are the leading cause of death among Americans 1-34 years old (the death rates being similar in other countries).
2. By far the largest number of motor vehicle deaths are occupants of passenger vehicles. 41,611 Americans died in motor vehicle accidents in 1999.
3. 28% of the drivers of motor vehicles involved in a fatal accident had blood alcohol levels higher than .10 %.
4. The chances of alcohol involvement increase at night and on the weekend.

By observing a few safety precautions we can significantly reduce the chances of being involved in a motor vehicle accident. Remember, a little risk management goes a long way.

1. Slow down (obey the speed limit)
2. Obey all traffic signs
3. Keep your eyes on the road
4. Don't drink and drive (use a designated driver)
5. Make sure your car is in good operating condition (check lights, signals, horn, seatbelts, etc.)
6. Pull over when using cell phones
7. Keep your mind on what you're doing (attention to detail)

LEST WE FORGET...

WE PRAISE OUR MEN WHO FIGHT IN WARS AND SAFELY COME BACK HOME
AND HONOR THOSE WHOSE LIVES WERE LOST WITH MONUMENTS OF STONE

BUT WHAT OF THOSE WHO'VE NOT RETURNED...THE ONES WE LEFT BEHIND
WHOSE MEMORIES REST LIKE SHADOWS IN THE RECESS OF OUR MIND

ARE THEY NOT WORTH OUR FONDEST THOUGHTS?

THEIR STRUGGLE NO LESS GRAVE?

HAVE THEY RECEIVED A LESSER FATE...THEIR ACTIONS NO LESS BRAVE?

THEY'VE STOOD THEIR WATCH FOR COUNTLESS YEARS

[STEADFAST WITH NO RELIEF]

AND SACRIFICED THEIR FREEDOM IN DEFENSE OF OUR BELIEFS

I WONDER IF THEY WONDER IF ONE DAY WE'LL BRING THEM HOME
OR IF THEY STILL HOLD FAST TO HOPE IN THE FACE OF THEIR UNKNOWN

WILL THEY WASTE AWAY IN CHAINS, AND BOUNDED EYES AND HANDS?

WILL THEY NEVER SEE THEIR CHILDREN GROW...OR STRIDE THEIR

MOTHER 'S LAND?

SHALL WE REVEL IN OUR GLORY...AND LET OUR PRIDE SOAR FREE

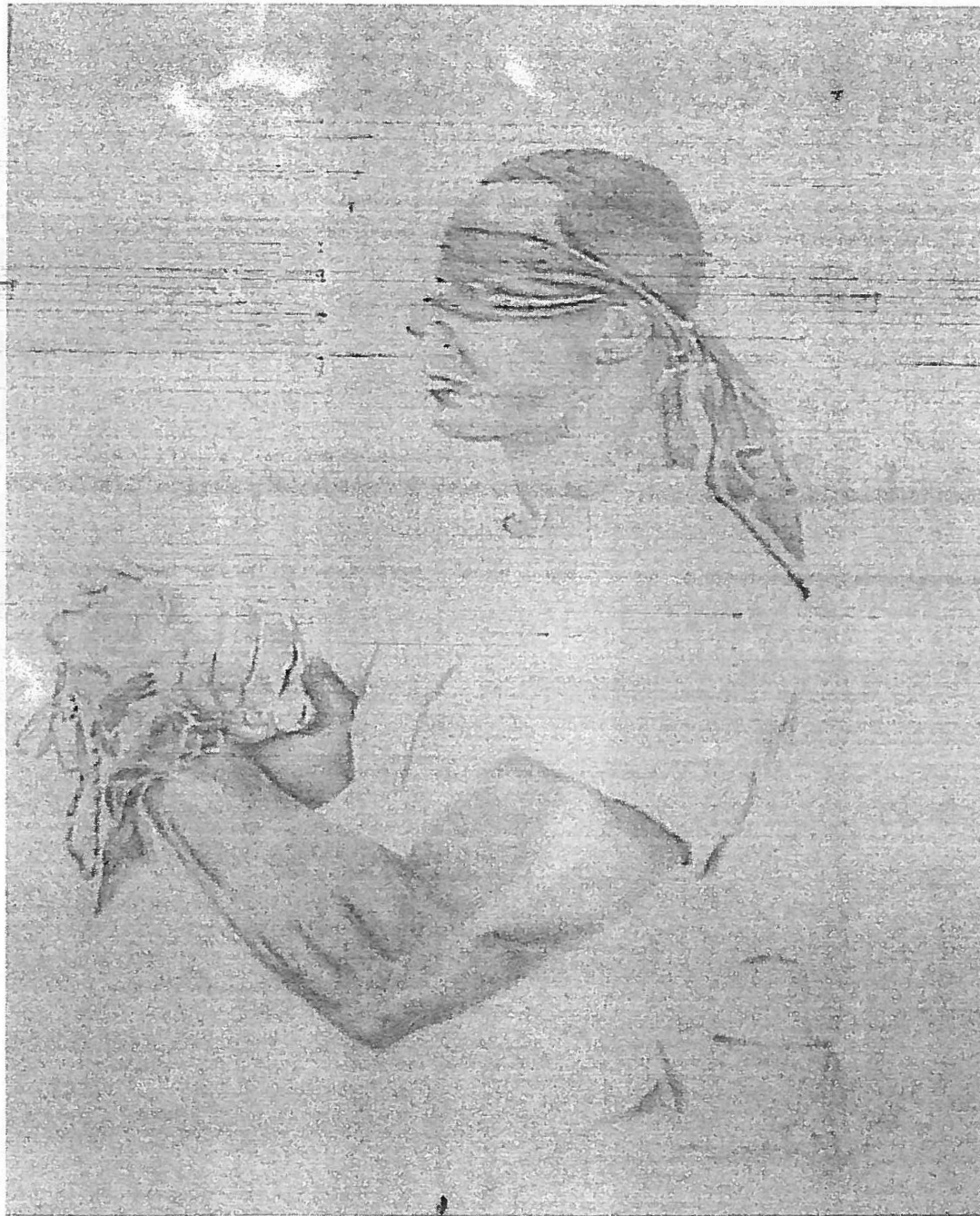
YET FAIL TO GIVE THEM CLOSURE. ARE THEY JUST A MEMORY?

LEST WE FORGET THE PRICE THEY PAID ... I PRAY THAT WE WILL FIND
A TREASURED PLACE TO HOLD THEM IN OUR HEARTS AND SOULS AND MINDS

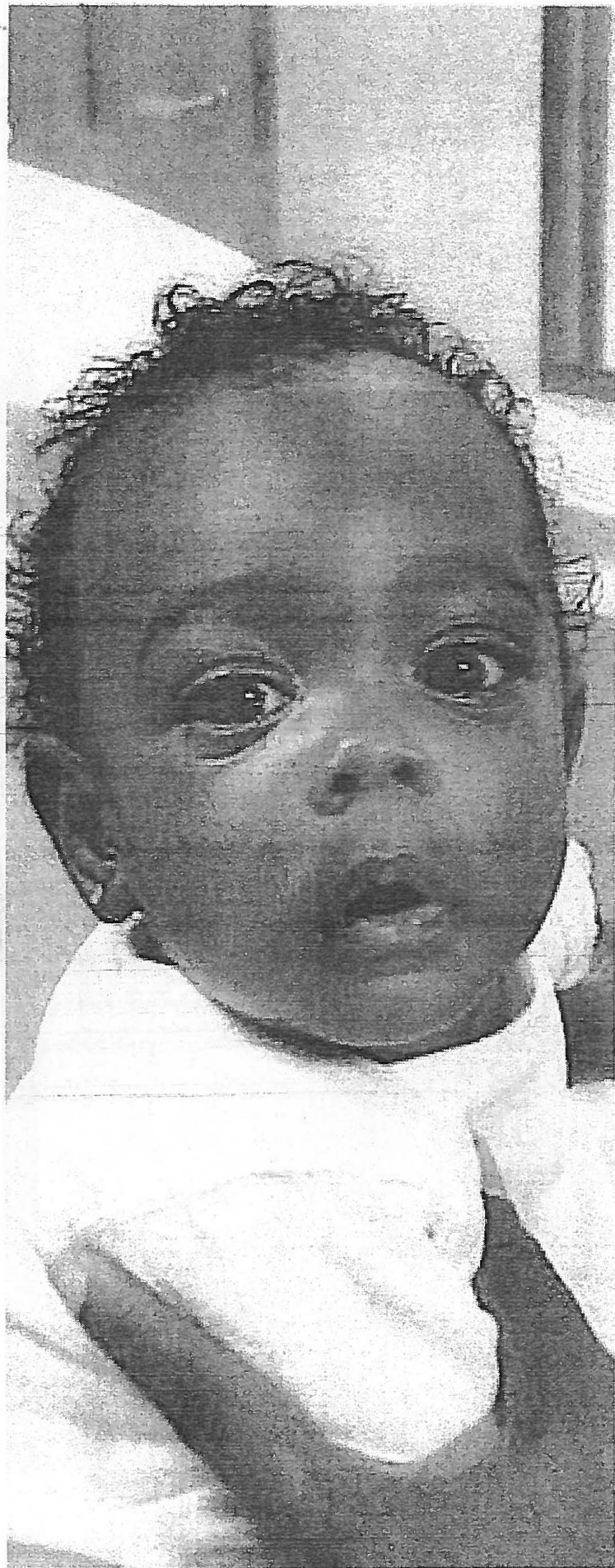
©2000, Daniel L. Henry

POW/MIA

REMEMBRANCE
8 SEPTEMBER 2000



Original Artwork ©2000, Daniel L. Henry

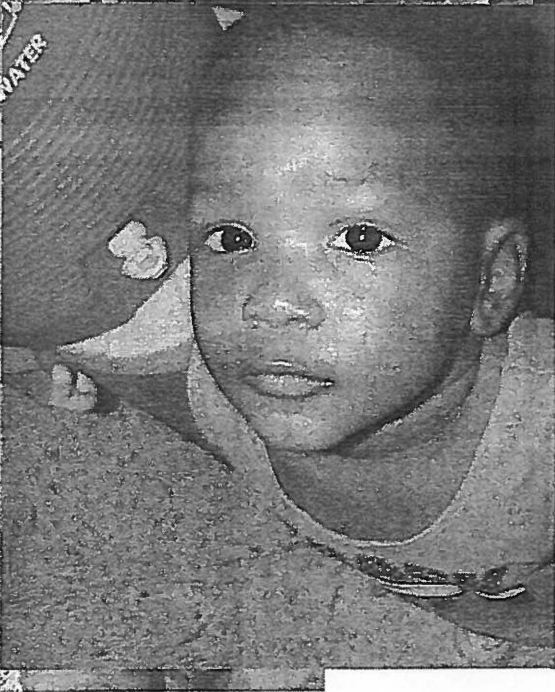


FAMILY MATTERS

...Especially at
Roosey Roads.

Here are a few of
our "Junior"
Personnel who
graciously took
time out of their
busy Schedules to
Pose for the
Photographer.

Say
"Cheese Cake!"



COMMAND MANAGED EQUAL OPPORTUNITY

LT MICHELLE HUPP, MSC, USN



One of the most interesting positions that I hold in the hospital is that of Command Managed Equal Opportunity (CMEO) Officer. CMEO is a management tool for the Commanding Officer designed to assess the level of equal opportunity within the command and to enable the Commanding Officer to identify possible areas of concern. CMEO assists the Commanding Officer by:

- Creating and maintaining a positive Equal Opportunity climate within the command.
- Monitoring the command's EO climate over time.
- Ensuring that merit, ability, performance, and potential are the factors, which affect individual promotion, training, duty assignments, etc.
- Overseeing the identification and resolution of EO/sexual harassment and other discrimination problems and concerns.

The Commanding Officer is personally committed to provide equal employment opportunity for all persons without regard to race, color, age, sex, religion, national origin, or physical or mental handicap. I believe it is everyone's responsibility to strive towards this goal and to not get hinder from the speed bumps in the way.

One of the most important aspects of the CMEO program is a constant attention to the process of how complaints of discrimination and sexual harassment are handle within the command. A complaint is nothing more than bringing to the attention of the proper authority the known or suspected violation. There are two procedures for complaints in the Navy: informal and formal.

The Informal Resolution Procedure (IRS) is the first step in resolving a complaint and should be started at the lowest level possible. Here are some steps in the Informal Resolution Procedure:

- a. Individuals should first attempt to resolve complaints with the person or persons involved. A third person may be called upon to assist in the resolution. The IRS should be used to resolve the conflict unless the behavior involved is clearly criminal.
- b. If the complaint cannot be resolved between the complainant and the person(s) involved, or with the help of immediate supervisors, then submit a request either in writing or orally in a timely manner for Commander's Request Mast.
- c. If the informal resolution of the complaint is considered unsatisfactory, use formal procedures for relief.

The Formal Complaint Procedure has three avenues for filing a formal complaint:

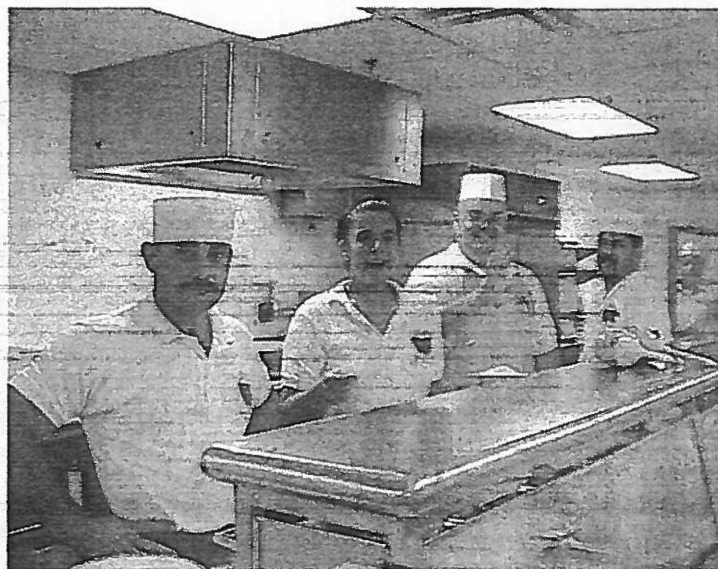
- a. Navy Equal Opportunity (EO)/Sexual Harassment (SH) Formal Complaint Form (NAVPERS 5354/2)
- b. NAVREGS, article 1150
- c. UCMJ, article 138

My assistance is available 24hours a day, 7 days a week, 365 days a year. Please feel free to stop by and chat - I will always be available to listen. My assistant is HMI Gray who is also a super individual to talk to. You can reach me by phone at 5803 or 5804.

Multi Cultural Committee

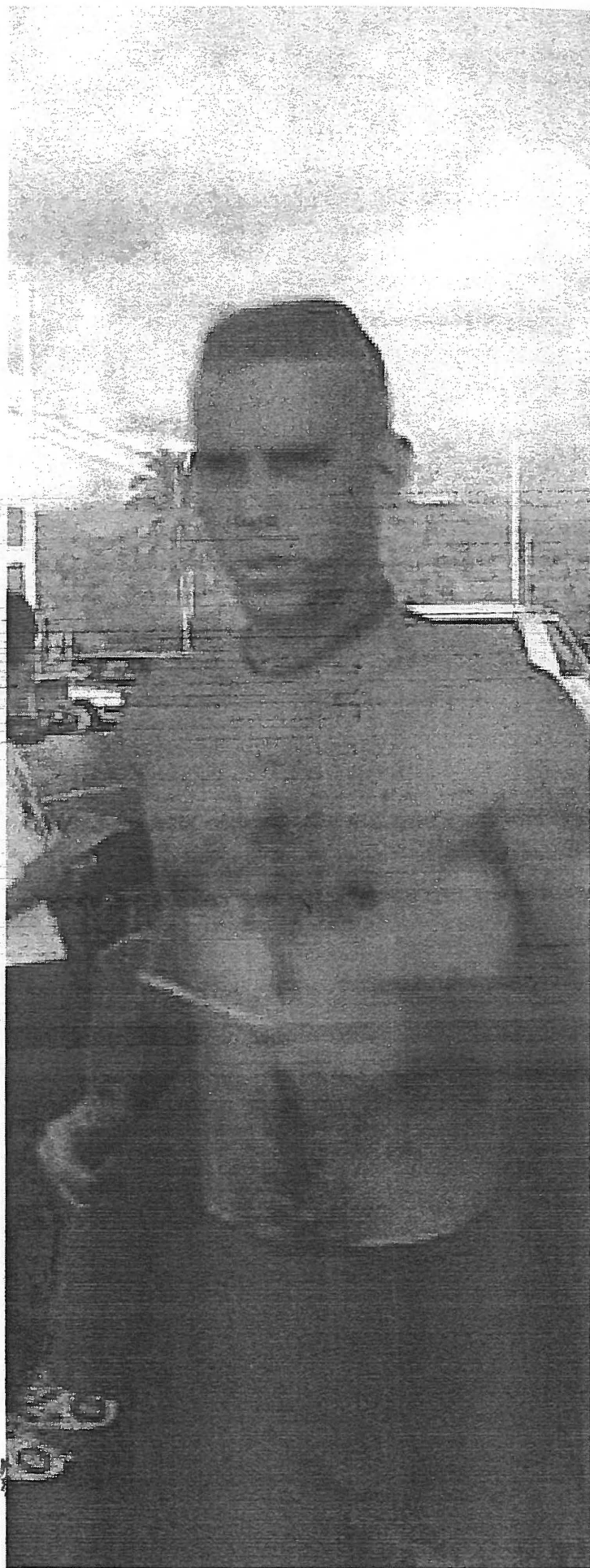
Hispanic Heritage Celebration

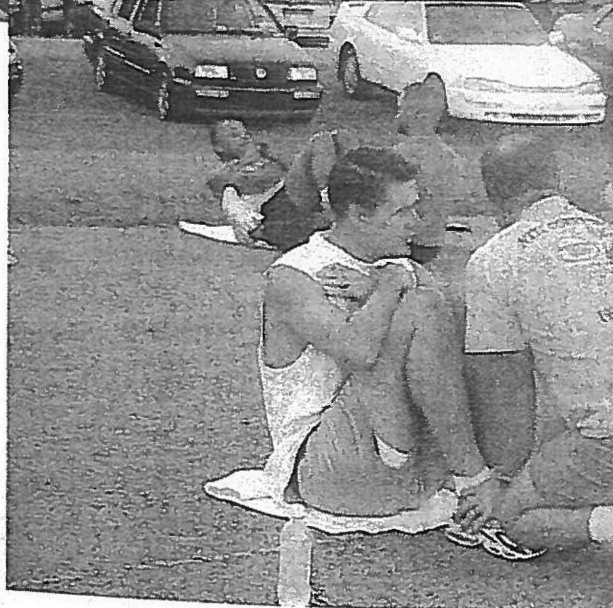
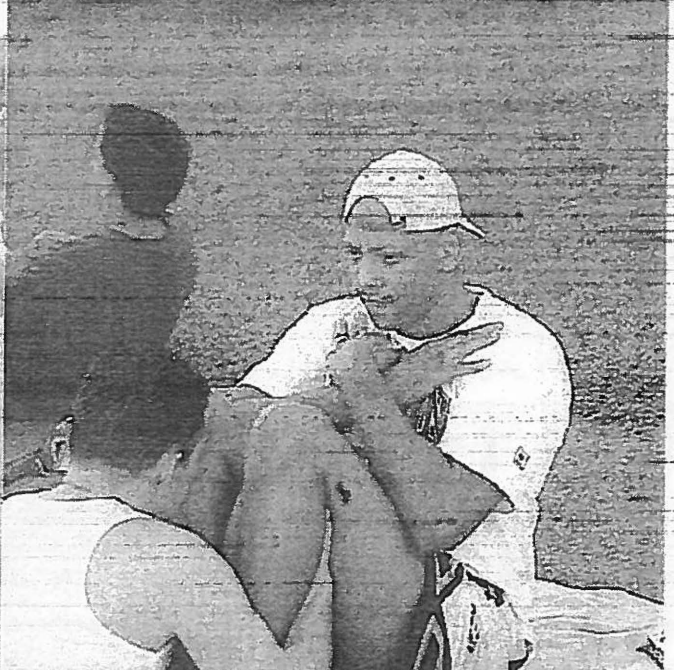
October 12th 2000



PRT TIME!

**Naval Hospital
was up bright
and early,
fighting
mosquitoes,
MI-MIs and
sleep in order
to participate
in the Navy's
Bi-Annual
Physical
Readiness Test.**



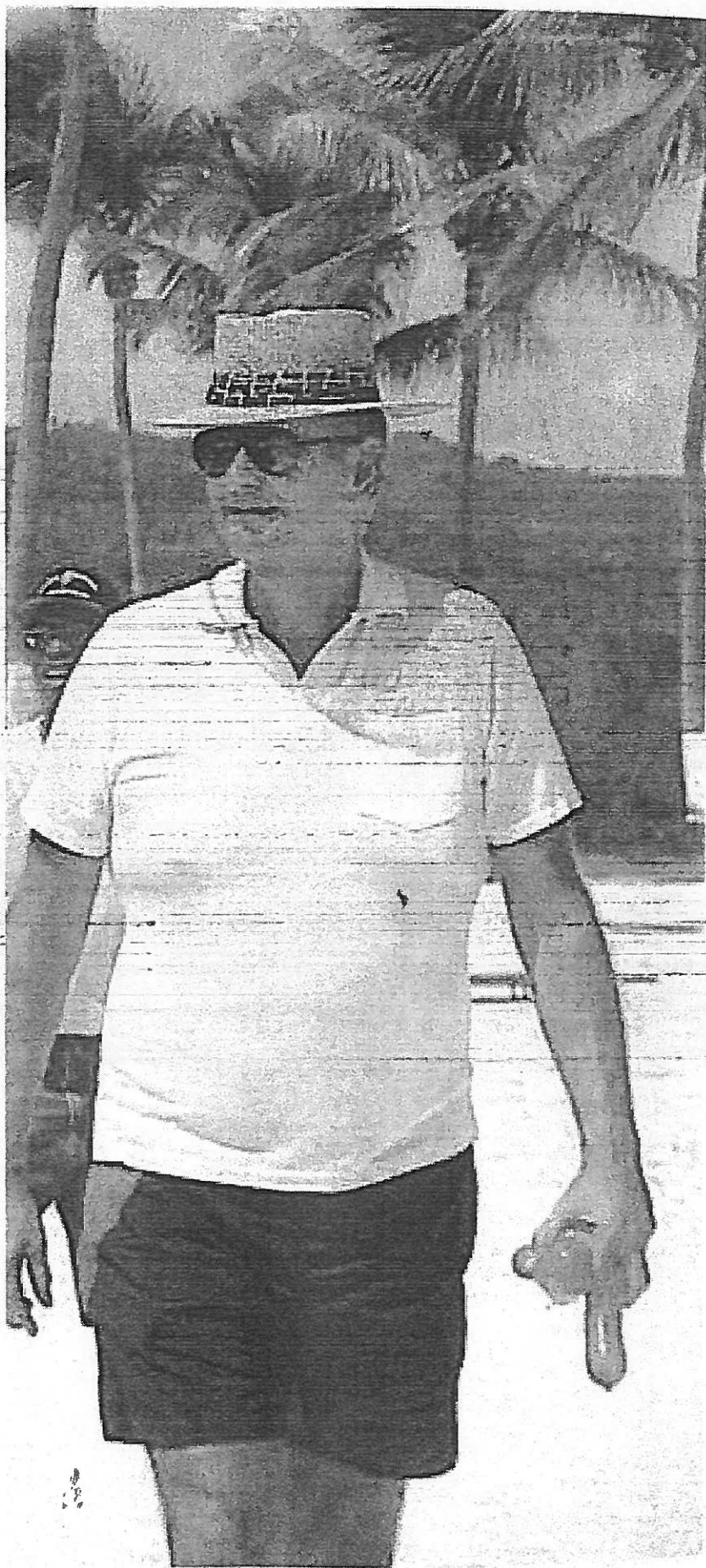


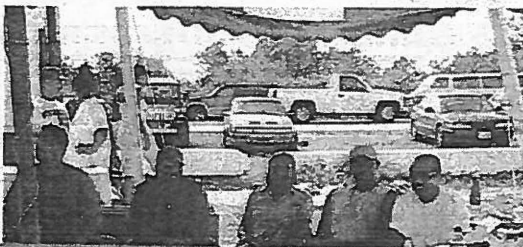
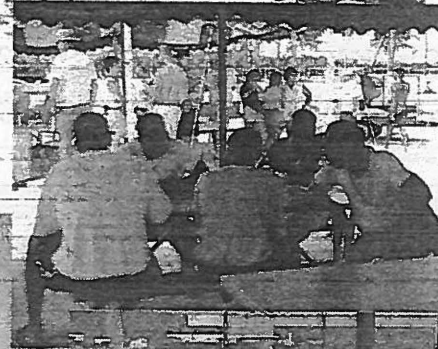
**AT ROOSEY ROADS, YOU
CAN'T HAVE A PRT WITHOUT
HAVING A PICNIC RIGHT
ALONG WITH IT!**

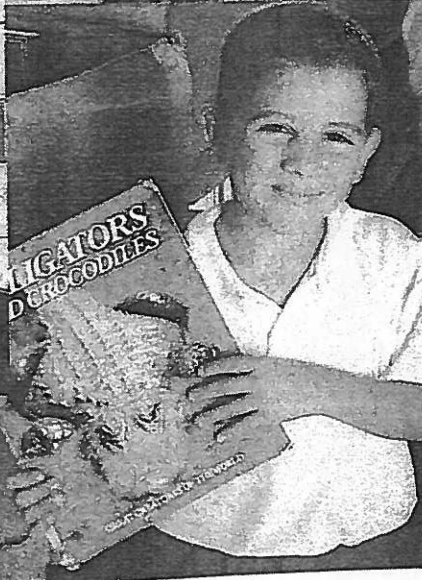
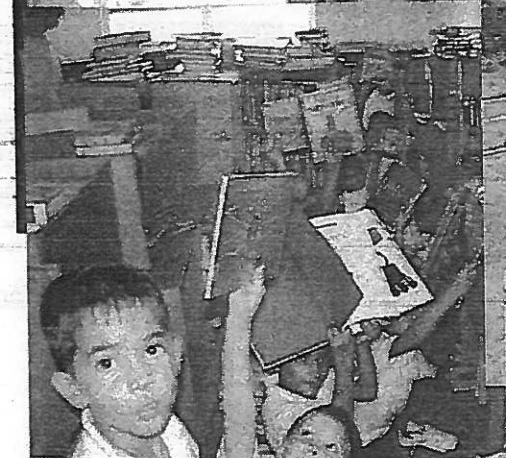
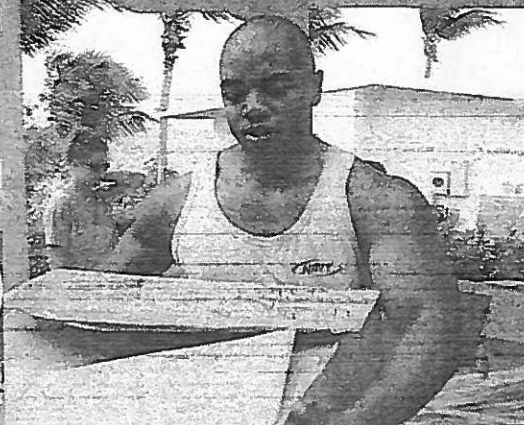
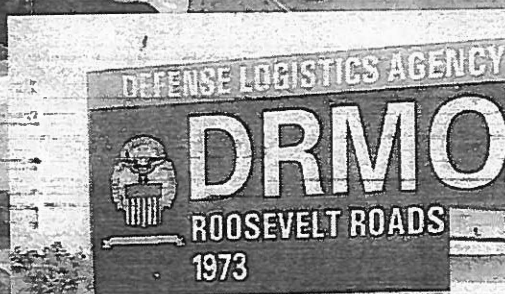
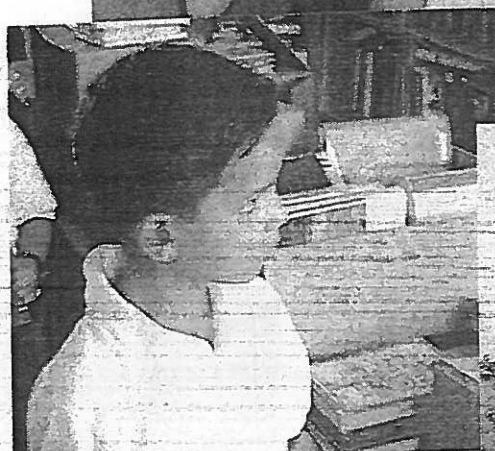
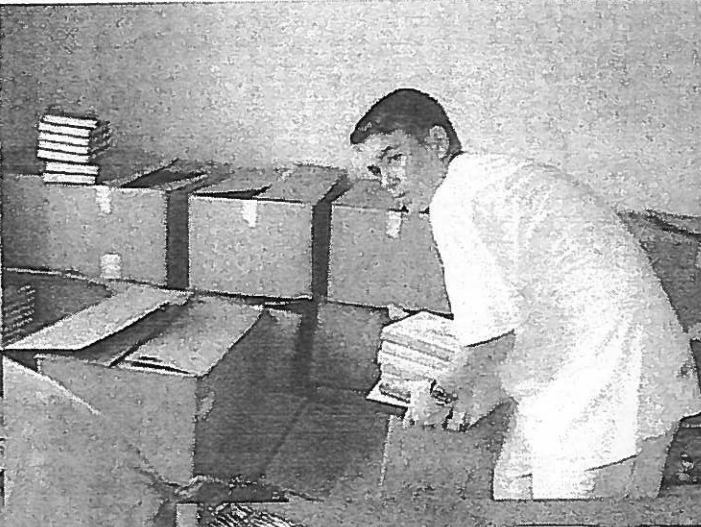
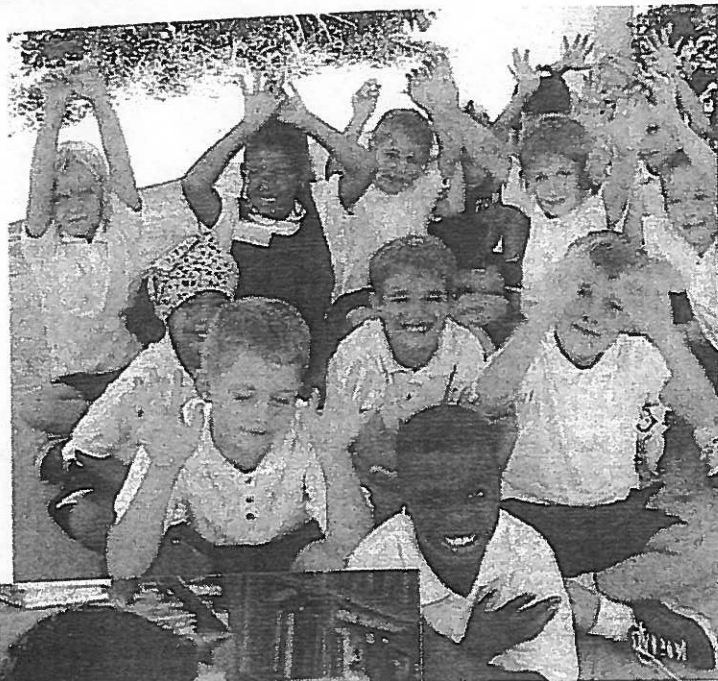
**CAPTAIN BROWN GOES
CASUAL FOR AN AFTERNOON
OF "FUN IN THE SUN" AS THE
COMMAND SEMI ANNUAL
PRT PICNIC/BAR-B-QUE/
SPORTS DAY TAKES UP
MOST OF THE AFTERNOON
FOLLOWING THE
OCTOBER 20TH PRT.**

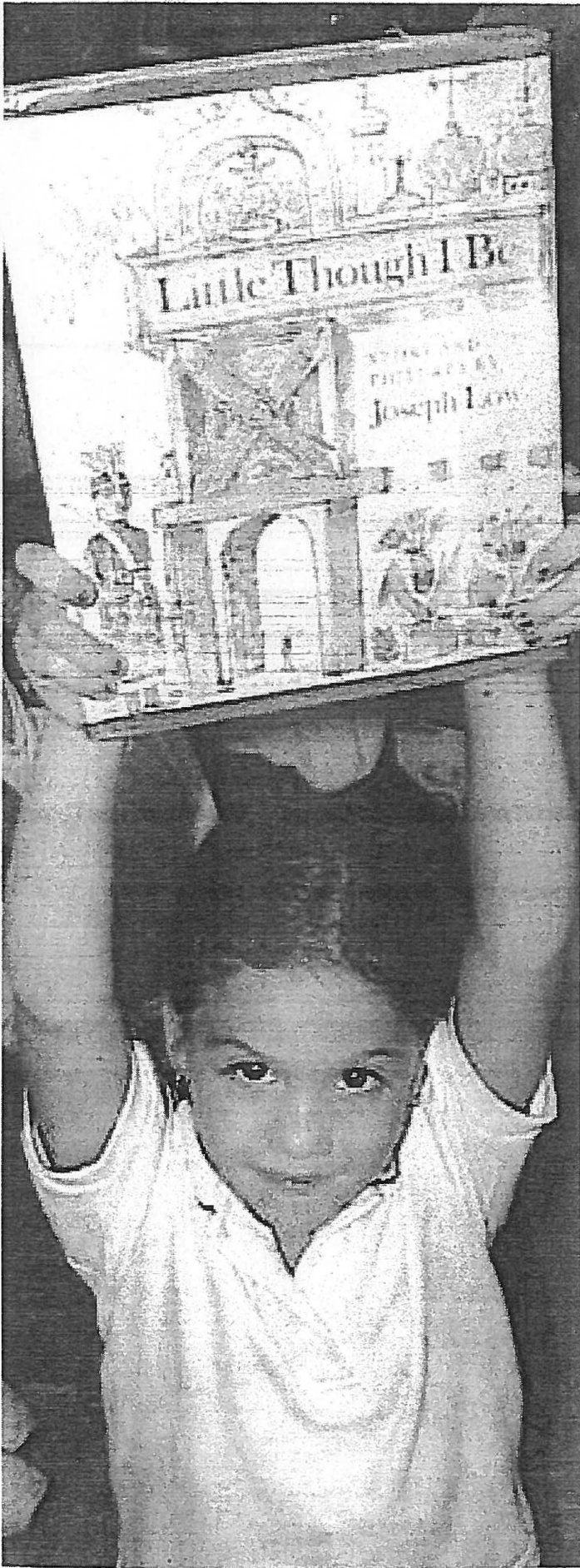
**SIX MONTHS OF WORKOUTS
AND DIETING WENT UP IN A
BLAZE OF CHARCOAL AND
HAMBURGER SMOKE. NOT
TO FRET THOUGH, AS PLENTY
OF CALORIES WERE BURNED
DURING THE VOLLEY BALL
TOURNAMENT, KAYAK
RACES AND THE FULL
ASSAULT LITTER BEARER
RELAY.**

**WATER BALLOONS
ANYONE?**









Books For Sale

The Naval Hospital recently donated time, facilities and a reasonably large amount of manpower to assist the Roosevelt Roads Elementary School Parent, Teacher, Student Association (PTSA) in its huge Book Sale. The sale involved some 15,000 books, which were transferred from the Library at the recently closed Army Base in Panama. Volunteers from Naval Hospital Loaded Moved, unloaded and set up books for the event, which was coordinated by Mrs. Pamela Bennett which included volunteers from all over Naval Station Bennett, of the PTSA and Mr. Glover, Naval Station DRMO. Proceeds from the sale will benefit the PTSA.



Breast Cancer Awareness Seminar

By Jill Brown, Naval Hospital Red Cross Coordinator

The Breast Cancer Awareness Team recently brought the nationally known Y-ME Breast Cancer Organization trainers to Roosevelt Roads. The Naval Hospital realized that breast cancer patients and their families, had very little access to support when they were faced with this disease. Although there are some limited support groups in the San Juan area for our Spanish-speaking patients, there

are no such groups offered in English.

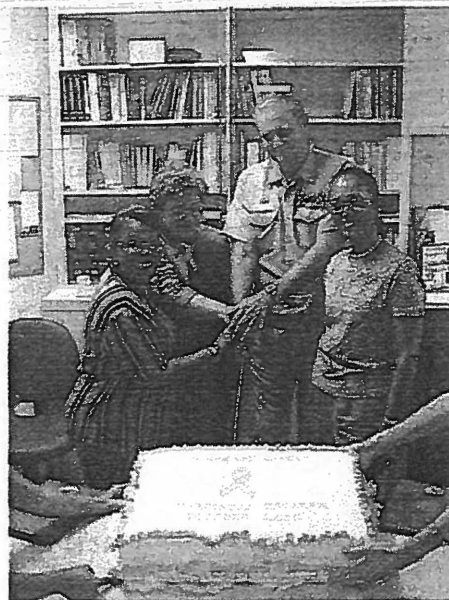
There are several organizations that support research and awareness for breast cancer however, Y-ME is the only one which offers their very unique training. 10 to 12 staff members and breast cancer survivors, received 1 to 5 days of training in learning — **More About Breast Cancer; Peer Support; Education/Presentation; Starting and Facilitating Support Groups and Training Future Volunteers.** Providers also were offered to participate in the “Walk In My Shoes,” presentation where breast cancer survivors described their experiences and offered suggestions to health care professionals.

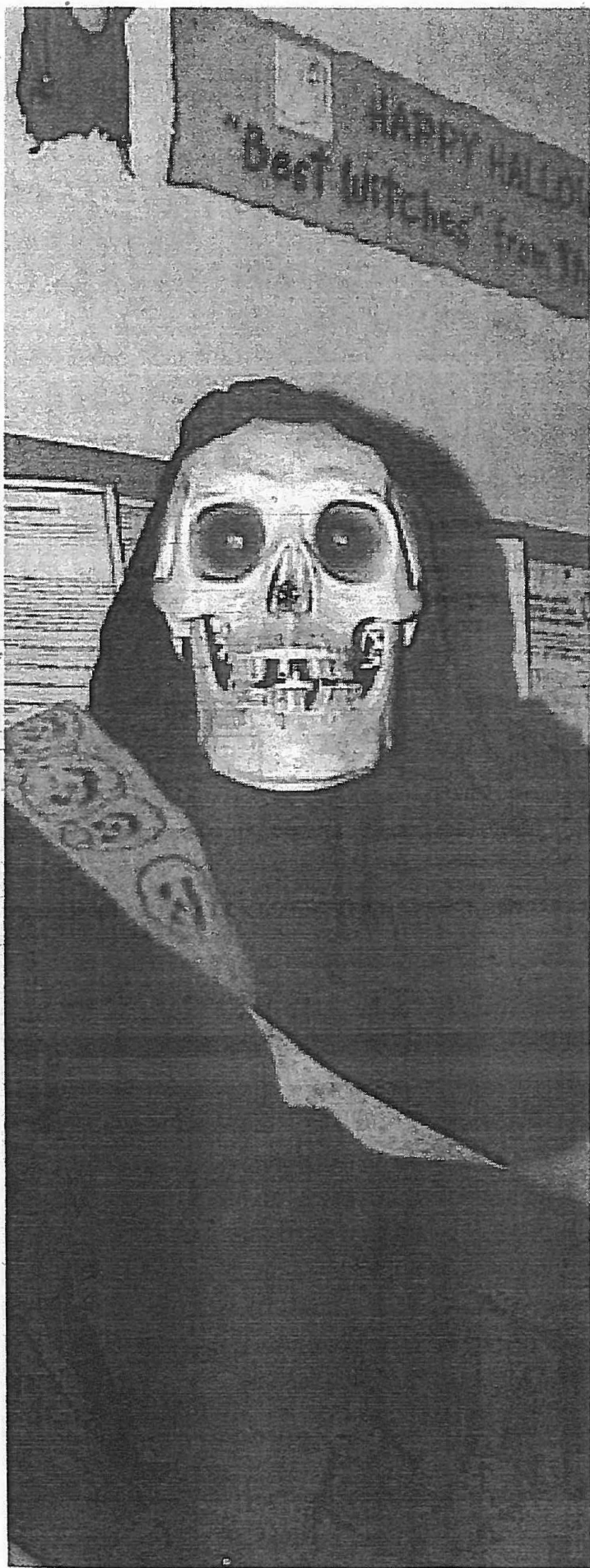
The Y-ME mission states what we, the Naval Hospital, would like to accomplish:

- **Decrease the impact of breast cancer,**
- **Create and increase breast cancer awareness**
- **Ensure through information, empowerment, and peer support, no one faces breast cancer alone.**

If you would like to talk to someone about breast cancer, either for yourself, a friend or family member, contact LCDR Christine Miller in the ER department, LT Lisa Morris in Family Medicine or Mrs. Jill Brown the American Red Cross Volunteer Coordinator. They will put you in touch with a trained staff member or breast cancer survivor. They will also have the 1-800 numbers of Y-ME and the American Cancer Society.

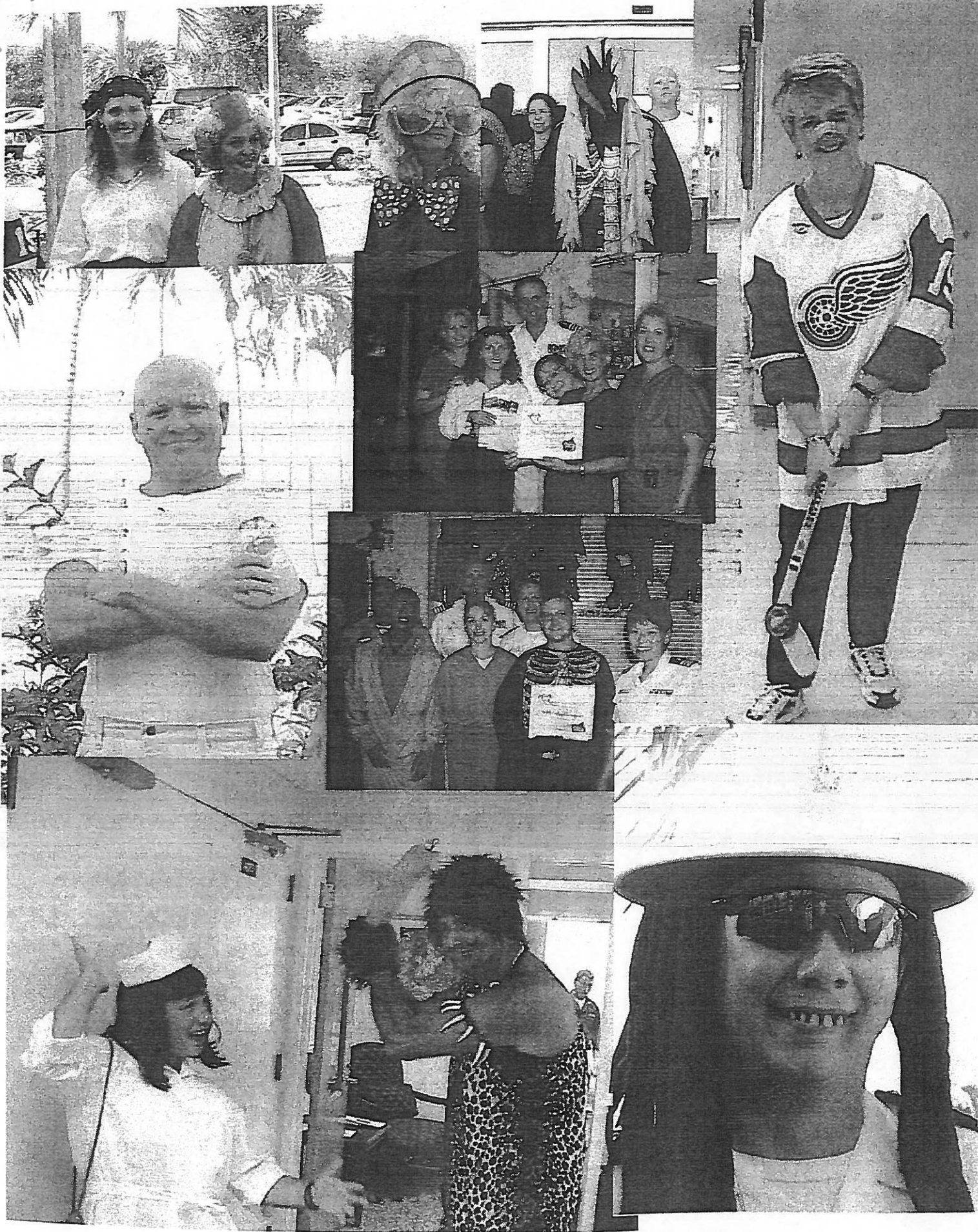
If you are interested in becoming a volunteer with this program, please let one of us know, so that we can add you to our next training session.





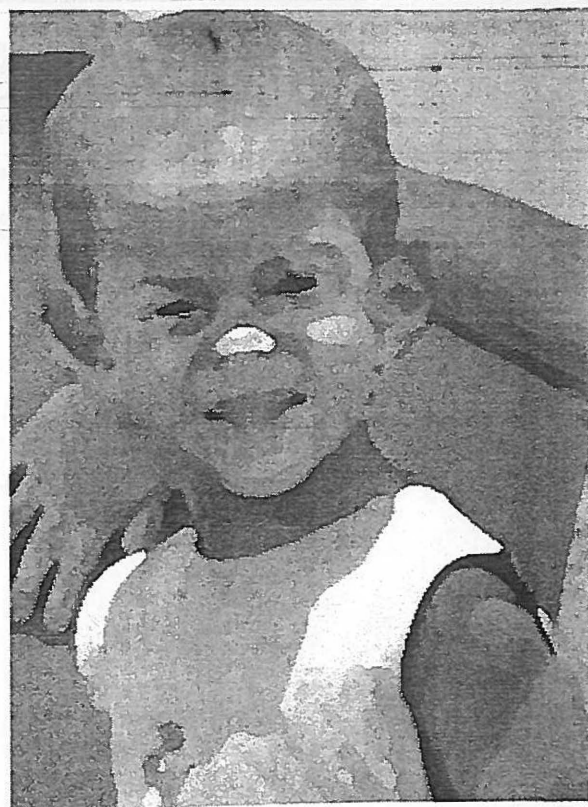
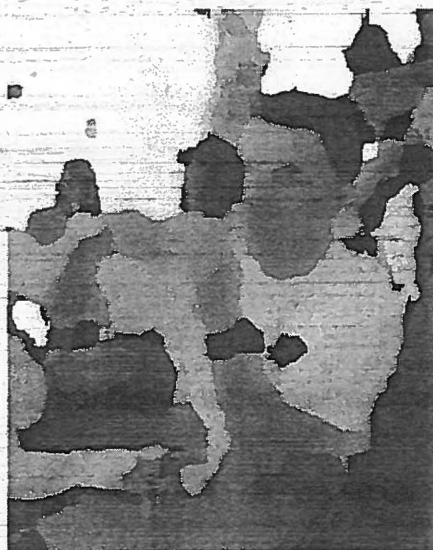
Groovy Ghoulies

...And all Manner of Curious Characters were on hand as the Naval Hospital Staff Got Into the Spirit of Halloween. HM1 Mullis "Cleaned-Up" the competition in the costume contest while OB/GYN "Scared" up a win in the Departmental Decorating Contest. The Highlight of the day though, was the V.I.P Tour of CAPT "Caveman" Brown and "Nurse Betty" Gilbert, who was immediately given a consult for a Hot Wax Leg Treatment!



'Le Gallery de Roosevelt'

**AN ARTISTIC TAKE ON SOME FAMILIAR
FACES...
CAN YOU FIGURE OUT WHO THEY ARE?**



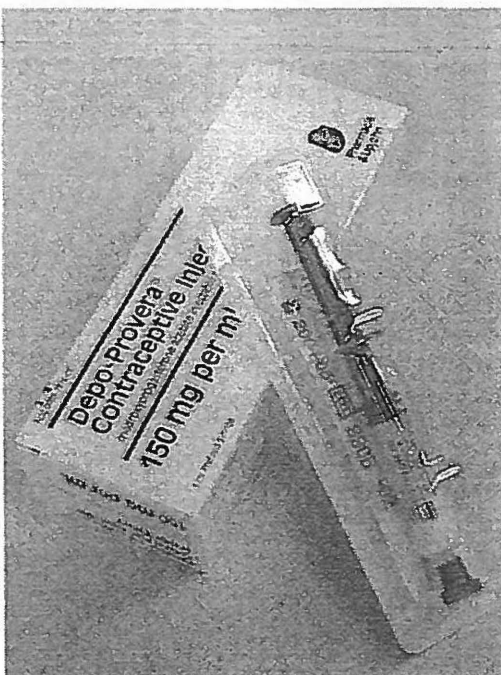
OPTIONS IN BIRTH CONTROL

LT Michael Cárdenas, MC, USN, OB/GYN Clinic

Did you know that there are several different methods of birth control? They range from hormonal to barrier methods. Choosing the right one for you can be frustrating and confusing but with a little background and help from your health care provider, you can pick one which best suits your needs. Each has its own unique advantages and disadvantages so let's explore the various types.



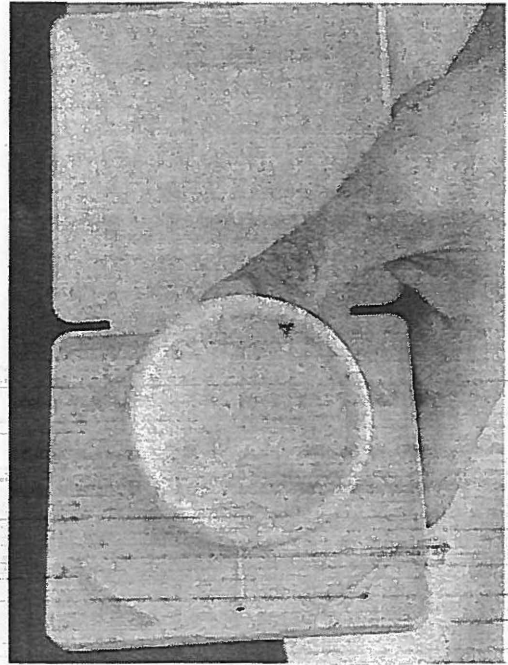
Barrier methods include the diaphragm, cervical cap and condom (male and female). In addition, spermicides may be used with any of the above and may prevent the transmission of sexually transmitted infections including HIV. While barrier-type contraception is safe in non-allergic women, its effectiveness is not always optimal and requires use with every act of intercourse making it somewhat less desirable in some situations.



Hormone based contraception (chemicals which regulate your menstrual cycle) come in a variety of formulations and routes of administration. The most commonly used are the oral contraception pill, mini-pill (for breast feeding mothers), Depo-Provera, Norplant and emergency contraception. These forms of contraception are highly effective, reliable and relatively safe. Also there are several non-contraceptive benefits, such as decreasing the risk of ovarian and uterine cancer, decrease length and flow of your period, and minimizing the cramps (and other ailments) associated with your period. However, these hormones required your

active participation in order to be maximally effective.

Natural family planning, commonly referred to as the rhythm method, has gained popularity in the recent past since it is easy to do, cost free, and has no side effects. The basic principle involved in the calendar/symptom method is knowledge of your cycle length, provided it occurs with regularity. By avoiding intercourse during the week of ovulation (fertile period) the chance of conception is greatly reduced. This approach demands an accurate account of your cycle in order to prevent pregnancy.

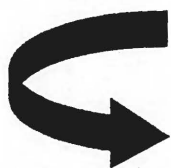


The last major type is the intrauterine device (IUD). Several myths exist about the dangers of the IUD. Currently it is considered a safe, highly effective, form of contraception. In carefully selected women, it can provide continuous protection for up to ten years. An ideal choice for the women who wishes to wait several years before their next child or is in the latter part of her reproductive years.

For those of you who desire a permanent form of contraception, tubal occlusion/ligation (having your tubes tied) may be the answer. This procedure can be done on an outpatient bases, typically requiring no overnight hospitalization. Similarly, the vasectomy (the male equivalent) can be done in the clinic setting under local anesthesia.



As you can see, there are many choices available to you. Certain medical conditions, such as high blood pressure, clotting disorders or if you are a smoker above the age of 35, your options may be limited. Contraception is a very important choice, which every sexually active woman should carefully consider. If you have any questions, please contact your primary care provider or gynecologist.



Bravo Zulu!



What Our Customers Say:

I would like to recognize the OB/GYN Clinic because everyone is always so nice and I've come to consider them more as family than just the staff of OB. There is nothing negative that I can say about the OB clinic!!

- an appreciative Active Duty family member

I would like to recognize the Physical Therapy Department, specifically LT Daniel Higgins, LTJG Aaron Bailey, HM1 James Miller, HM1 Lyle Murphy, HM3 Ross Kevles, and Coraliz Fontanez for the way they greet you when you come in and the care they show for patients through treatment. Their professionalism is perfect, not only with me, but also for all patients that are seen in the clinic.

- a grateful Retiree

I would like to recognize HM2 Biehn, HM3 Rivera, and HN Delagarza for their professionalism.

- a pleased Retiree

I would like to recognize LT Flores for making me feel comfortable. Thank you.

- a grateful Active Duty family member

I would like to recognize HM2 Pecenka. He is extremely helpful and courteous. He is an asset to the hospital and represents the "Best of the Best" in today's navy. He is the type of man we hope the Navy will recognize as a leader in the 21st century.

- a satisfied family member of a Retiree

I would like to recognize HM2 Barbara Matthews for the good patient care she provides.

- a satisfied Active Duty Service Member

I would like to recognize the Emergency Department for the attention they gave me. They took care of me immediately and Dr. Altamar was great. The service I got here I would have never received on the outside.

- a grateful Retiree

I am very, very happy with the Inpatient Services Unit. Thank you so much. Everything was so nice that I have not words to explain. All of you are so nice.

- a grateful Retiree

HM3 Massey was not only extremely professional in the manner in which he assisted me, but he was also courteous in assisting the family as well. Bravo Zulu to Petty Officer Massey.

- a pleased Hospital Doctor

What a great team at the Family Medicine Clinic - starting with a patient and courteous check in with HM2 Pecenka, the efficiency of Mrs. Richardt with vitals, and the caring attitude and non-judgmental, sound medical advice to my teenage son by Dr. Bishop. All this for a student sports physical and we were 25 minutes late for the appointment! What a team! Bravo Zulu to the Family Medicine Clinic!

- a pleased family member of a Retiree

Ms. Brenda Oquendo was very helpful and polite. HM1 Cheryl Murphy was polite, concerned for my welfare, and very thorough. The Family Practice Staff is always polite and professional.

- an appreciative Active Duty service member

I would like to recognize the whole Emergency Department staff for their great attitude. Thank you for taking care of us.

- a satisfied First Sergeant

I would like to recognize the Inpatient Services Unit staff for being so friendly and professional.

- an appreciative Active Duty service member

I would like to recognize the Family Medicine Clinic for the very nice way that my wife was taken care of in all senses of the word. They are a group of really professional people and know how to really take care of someone who really needs help, especially when really sick. They are a bunch of great human beings.

- a delighted Retiree

I would like to recognize Dr. Ramage, HM3 Sanchez, and HM3 Rivituso for being very attentive.

- an appreciative Retiree

The TRICARE Department personnel, especially Aracelis Delgado, have been extremely helpful and integral to the care and management of my patient. Mrs. Delgado's efforts to coordinate studies and evaluations at outside facilities have been unyielding. I would like to take the time to recognize Aracelis Delgado and the entire TRICARE department for a job well done. The management of this patient clearly improved because of them.

- a grateful Hospital Doctor

Bravo Zulu!